

Foggy Bottom Association
MEETING

Speaker:
JAN K. HERMAN
Historian, Bureau of Medicine,
U.S. Navy

8:00 P.M. Monday
April 30, 1990

St. Paul's Parish House
2430 K Street, N.W.



Foggy Bottom News

May 1990

Published for and by the Citizens of Foggy Bottom

Vol. 35, No. 7

We've Been Busy. . .

What Your FBA's Been Doing

The past few months have been particularly busy for several Foggy Bottom Association members. The FBA/ANC2A Joint Historic Preservation Committee has been meeting with the developers of the proposed office/retail/apartment complex on the **2501 block of Pennsylvania Ave.** The community is trying to ensure that the planned development will be as unobtrusive as possible in our neighborhood, and will contain at least as many residential units as present zoning requirements call for — approximately two-thirds of the space. Our next meeting is scheduled for April 25.

On March 19th, FBA Membership Director Grace Watson and I testified at the Board of Zoning Appeals in response to the Office of Planning's proposed "**overlay**" scheme for downtown D.C. We joined with the Downtown Cluster of Congregations and the D.C. Federation of Civic Associations in opposing plans to grant transfer of development rights to commercial property developers. These transfers would effectively mean that very little, if any, housing would be built south of Massachusetts Avenue downtown. We argued that

in order to have a "living downtown," more, rather than less, housing should be built throughout the downtown area, and that developers should not be allowed to "buy out" of residential requirements. The affected area extends to the eastern edge of Washington Circle.

Also in March, I testified against granting of a partial demolition permit to the developer of the apartment building above the **Cooper Houses** on K Street between 25th and 26th Sts. Joining in opposing the permit were Maria and Geoffrey Tyler, David Fothergill-Quinlan and others.

As the developer has now proposed that the Cooper Houses essentially be taken down and re-erected brick by brick, rather than the originally proposed excavation and shoring-up process, we argued that the original excess height granted was no longer justified, as present costs based on the new demolition scheme would presumably be much lower. Therefore, the additional height, resulting in additional revenue to the developer, is not warranted. The FBA engaged James Draude, a local attorney who has been most helpful to us in the past, to draft the required Findings

of Fact and Conclusions of Law to be presented to the Mayor's Agent in this case. Her decision will be announced shortly.

Larry Myslewski, an FBA Board member, has been busy designing signs that will be erected at various locations around the **Foggy Bottom Historic District**; the design was enthusiastically received at a recent Board Meeting. We walked around the area one recent weekend and finalized the locations. The District government will fabricate, install and maintain the signs at a cost of \$150 each. We think you'll agree they will be a handsome addition to the neighborhood.

The foregoing topics, as well as others of interest to us all, have been addressed at FBA meetings, usually held the last Monday of each month from September through June. To keep abreast of what's happening in our neighborhood, we invite you to attend the meetings and to let us have **your** thoughts, too.

Elayne DeVito
President
Foggy Bottom Association

May 1990

Volume 35, No. 7

Foggy Bottom News

The *Foggy Bottom News* is a publication of the Foggy Bottom Association. All editorial assistance is contributed on a volunteer basis by residents of the area.

Editor Ellie Becker
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ATTENTION Foggy Bottom Residents

The George Washington University Charles E. Smith Center has summer memberships available for Foggy Bottom Residents. The Smith Center facilities include an eight-lane swimming pool, racquetball and squash courts, universal and free weightrooms and a jogging track. The memberships are \$75 for an individual and \$150 for a family and they run until August 6. They can be purchased from 8:30-5:30 in room 219 of the Smith Center located at 22nd & G Sts. until May 14th. For further information, call 994-6650.

Foggy Bottom News

LETTERS

The lead article, re GWU, on the front page of the April issue, is indeed good news. May there be many more such victories.

Mark Vane's article, also unwittingly confirms our observations of the typical GWU student and administration, in that they see the entire Foggy Bottom area as theirs and theirs alone. Mark infers, if we don't like it, we permanent and tax-paying residents (not transients, as is the student body) should move out; using the analogy of airports, factories, etc. What impertinent gall, from the young upstart. He has proved that which we already knew and know, that they totally ignore the fact that this is *our* City, it is we who care about it operating honestly, its appearance and such. Student and GWU administration's attitude are just the opposite. Witness the garbage, trash, litter, boom-boxes, vandalism and MORE. Each year I am sure I pick up a half-ton of GWU litter and other trash, all emanating from that source.

GWU, along with developers, realtors, building managements (they are all one and the same in this City) could change that image if they would cease their mindless greed and disrespect for residents of this City and give us back our rights, area and City, forthwith. Return to us our original "borders," prior to GWU, along with all their fellow wheeler-dealers (men-

tioned above) evolving itself into an empire builder, at our expense. To call itself a "university" — which implies a place of *learning* — is just a facade anymore.

Our war against all these monsters goes on. . . .

As for our City government, I agree with Thomas Paine: "Government, even in its best state, is but a necessary evil; in its worst state, an intolerable one." We have long since reached the latter in D.C., since they allow all the unelected rouges to run our city. If D.C. politicians do not shape up and "do the right thing(s)" we must do as I seriously suggested at a local West End meeting some weeks ago, that is, take not just a page of the East European's books, *but the whole book*, march on City Hall and throw the devils out . . . heads first! Are you with me!!

M. Old

To: Betty Ann Kane

As a part-time resident of Washington — I am Chief Scientist of an agency of the USDA — I walk daily from my hotel at the Circle to the Metro station at Foggy Bottom. In so doing I have to use the sidewalk between the Circle and the station opposite from the GW Hospital.

Between 7:30 and 8:30 a.m. and on many other occasions, a mass of people attempt to traverse a totally inadequate sidewalk, what with homeless folks

May 1990
 sitting on the sidewalk, further blocking traffic.

There is a simple solution: (a) cement in the middy space between the sidewalk and the street, and (b) move the wire fence about three feet so that the walk could be widened to permit better movement of pedestrians.

I would appreciate your support for this needed improvement.

Paul K. Stumpf

(Ed. note: Great idea, with which all of us would agree.)

Dear Mrs. Plaisted:

Thank you so much for sending me a copy of the most recent issue of *Foggy Bottom News*. If you can do anything to get me a subscription or otherwise insure that I receive this periodical on a regular basis, I would be most obliged.

I note, with interest, the article on page four of the April 1990 issue that you called to my attention (Revisiting "Foggy Bottom Revisited"). I think the observation about George Washington's housing of students is both right and wrong. There is some merit to the complaint. Obviously, any institution the size of George Washington University is going to impact on its community. On the other hand, I think it's unfair to say, as the article does, that the University has been either uncaring or neglectful in these matters. The truth is some-

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Historic Hilltop in Foggy Bottom

What do the following places all have in common?

- Jefferson's choice for the location of the national capitol?
- Where President Washington wanted to put a National University?
- The site of the Marines' first barracks and band concert in Washington?
- Location of the nation's first official observatory?
- The office and home of the "father of modern oceanography"?
- Where the moons of Mars were first discovered?

They are all the present site of the Navy's Bureau of Medicine facility, home of the old naval observatory, at 23rd Street across from the State Department. At the April 30 FBA meeting, Jan K. Herman, an historian at the Navy's facility, will give an illustrated talk on this "Hilltop in Foggy Bottom." Mr. Herman will draw on his research and picture files on this intriguing site to describe its relationship over the years with and to the surrounding Foggy Bottom area.

Don't miss it!

(Ed. Note: See page 8 for a 1930 description of the historic hilltop.)

where in between. The University has done some things right; it has done some things wrong; it's been human; and resource limitations have restricted options.

Washington is not the easiest city in the world. The neighbors are sometimes cranky. No doubt, on occasion there is cause for them to be cranky. Other times they're cranky simply because they're cranky. It's not a question of right and wrong; but rather, a question of how reasonable people, living together, endeavor to accommodate each other's needs.

As for inducing students to be more considerate, may that go from our lips to God's ears. While we're praying, let us also pray for the government,

any government (D.C. or Federal), to do something about the homeless, and to give the University's hospital some real help with the fees for health services provided to the poor and indigent.

We are living in a dynamic age. Nothing is exactly the way it used to be. Getting young people to be mannerly is a daunting challenge. In fact, getting anybody to be mannerly these days takes a lot of effort.

Thanks for writing. I trust that all is well.

Cordially,

Stephen Joel Trachtenberg
President
The George Washington University

CLASSIFIED

House Sitter Available: Pleasant young woman seeks FB housesitting jobs. Flexible as to dates & length of stay. Reference: FBNews Editor Ellie Becker. Call Leslie, 429-9260 days.

FRESHMAN DON'T HAVE TO LIVE IN THE DORM... Letterman House condo for sale by owner... spacious... decorated... furnished studio apartment... 24-hour security... walk-in closet... modern kitchen... unobstructed view of DC... on GW campus... perfect for college student or couple... contact Malia 452-1534.

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Canal Boat Season Again!

The spring season of mule-drawn rides on the C&O Canal at Great Falls, Md. and in Georgetown has begun.

The *Georgetown* operates in the historic section of Georgetown in northwest Washington, D.C., docking at Foundry Mall, between Thomas Jefferson Street and 30th Street, one-half block south of M Street in Georgetown; tickets can be purchased at the National Park Service booth inside Foundry Mall.

The *Canal Clipper* operates from Great Falls Tavern Visitor Center, at Great Falls Park, Md. Each boat passes through historic locks as it is pulled on the canal by a team of mules walking the towpath. A crew, dressed in period costume, tells of life in the 1870s.

The Spring season continues through June 10.

The Georgetown: Wednesday-Friday, 1 and 3 p.m. — Saturday and Sunday, 10:30 a.m., 1 and 3 p.m.

Canal Clipper: Saturday and Sunday, 10:30 a.m., 1 and 3 p.m. Rides are 90 minutes long and are held rain or shine, except in cases of heavy rains, extreme winds, or thunderstorms. Tickets are \$4 for adults, \$3 for senior citizens 62 and over and \$2.50 for children 12 and under.

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Testing Offered to FB Community. . . Columbia Marks Hospital Week

On May 6-12, 1990, Columbia Hospital for Women Medical Center will participate in a National Hospital Week Celebration. The theme for this year's 1990 celebration is "Count on Us to Care."

The Board of Directors, Administration and Staff of Columbia Hospital for Women Medical Center cordially invite the residents of the Foggy Bottom community to participate in a week of health promotion May 6-12. The Medical Center will be offering at a discount to the community:

• Mammography Testing

Date: May 7 - May 11
Time: 3:00 p.m. - 7:00 p.m.
Place: Columbia Hospital for Women Medical Center Radiology Department
Price: \$35.00 (Regular Price: \$58.00); cash or check accepted
Note: Call 293-6614 for an appointment. Please specify this is a discount for the Hospital Week Celebration. Bring name and address of your physician.

• Cholesterol Testing

Date: May 10
Time: 7:00 a.m. - 4:00 p.m.
Place: Columbia Hospital for Women Medical Center Laboratory
Price: \$5.00 (Regular Price: \$14.00); cash or check accepted

The above services will be offered at Columbia Hospital for Women Medical Center, 2425 L Street, N.W., Washington, D.C.

Columbia has been dedicated to quality service for 124 years. We're proud to be a part of the Foggy Bottom community. Columbia joins this national observance to strengthen its tie to the community and foster understanding of its contributions among patients, employees and area residents.

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Party Booklet Shows Good Times with Good Nutrition

Who Wants to Live to 100 Without Desserts?

News USA

— While most of us want to eat smarter and live healthier, no one wants to give up favorite foods. But according to a new booklet from the American Institute for Cancer Research, it's possible to enjoy fun foods and still practice good nutrition.

It often seems that desserts and party foods are where good taste and good nutrition must part ways. However, the new American Institute for Cancer Research booklet, "Celebrate Good Health," shows a lot of clever ways to enjoy your favorite fun foods while still limiting the dietary fat that adds so many calories and helps increase cancer risk.

The key to having both good taste and good nutrition is in using smart

substitutions. "Celebrate Good Health" provides tips on party foods, special occasion menus, and a variety of appetizer and dessert recipes. You can order a free copy by sending a stamped (45 cents postage), self-addressed, business size envelope to the American Institute for Cancer Research, Dept. GH1, Washington, D.C. 20069.

The following recipe from the booklet for a delicious carrot cake produces a 16 slice cake with 312 calories and 8.9 grams of fat per slice. Compared to the 573 calories and 32.8 grams of fat in a slice of traditional carrot cake, it's easy to see where it gets its name.★

Half the Fat Carrot Cake

- 2 cups carrots, shredded
- 1/2 cup golden raisins, chopped
- 1/2 cup vegetable oil
- 2 tsp. vanilla extract
- 1 11-oz. can mandarin oranges
- 5 egg whites
- 1 1/2 cups cake flour
- 1 1/2 cups whole wheat flour
- 2 1/2 tsp. baking soda
- 1 1/2 cups sugar
- 3 tsp. cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. salt (optional)

Icing

- 4 oz. Neufchatel or light cream cheese
- 2 cups confectioner's or "powdered" sugar
- 1 tsp vanilla extract

Mix together in a food processor or large bowl the carrots, raisins, oil, vanilla, mandarin oranges, and egg whites.

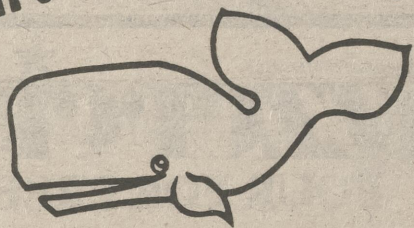
In another large mixing bowl, sift together the flours, baking soda, sugar, cinnamon, nutmeg and salt. Add the carrot mixture to the dry ingredients and beat together until well blended.

Pour into two 9-inch, lightly oiled, cake pans. Bake for 40 minutes in a preheated 350 degree oven, or until a cake tester comes out clean. Cool.

For the icing, blend together the Neufchatel or light cream cheese, the vanilla and confectioner's sugar. Frost only the middle and top layers of the cake.

The result is a delicious cake, but one with only 30% of the fat and 55 percent of the calories of regular carrot cake.

SIGN of the WHALE



"BEST HAMBURGER"
Washingtonian, 1984, 1985
City Paper, 1986

"50 BEST BARS"
Washingtonian, 1985

"BEST EATING BARGAIN"
Washingtonian, 1985

"50 BEST BARGAIN RESTAURANTS"
Washingtonian, 1982, 1983, 1984

"AMERICA'S 100 BEST BARS"
Playboy, 1984

WEEKLY WHALE EVENTS

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— "BEST BITES" - Washingtonian, 1986

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Foggy Bottom News

Historical Society's Publication Explores "Behind-The-Scenes" Washington

The variety of ordinary life in an extraordinary metropolitan context of the nation's capital and the interaction between the residential population and the national capital is the theme of the Historical Society's publication, Volume 52 of the highly respected series **Records of the Columbia Historical Society**. This anthology of sixteen articles, richly illustrated with prints and photographs, represents some of the best recent scholarship on Washington's social and architectural history. Wilcomb Washburn of the Smithsonian Institution describes the book as a "sumptuous feast of varied delicacies for all interested in the history of their capital."

A sampling of the topics found in Volume 52 of the **Records** includes a study of life inside the "Old Capitol" prison during the Civil War, a translation of a "detailed discussion of Washington and its environs" by two German visitors in 1852, a picture of life in far southeast Washington 100 years ago as seen through the diary of 20-year-old Jennie Barker, and an investigation of sanitation in Washington during and after the Civil War.

Five articles offer important new information about the history of blacks in the District of Columbia including Steven Richardson's thoroughly researched "The Burial Grounds

of Black Washington: 1880-1919," a statistical study of black families in mid-19th Century Washington by Frances Powell; and Drusilla Null's account of "Myrtilla Miner's 'School for Colored Girls': A Mirror on Antebellum Washington." It is interesting to note that this school, the predecessor of Miner Teachers College and D.C. Teachers College, was located on the site occupied today by the headquarters of the Historical Society.

William B. Rhoads' superbly illustrated and documented essay, "Franklin D. Roosevelt and Washington Architecture," is of particular interest today as the move for an FDR memorial is being reactivated. Professor Rhoads clearly shows the strong — but largely unknown — influence FDR had on the face of today's Washington through such landmarks as the Jefferson Memorial, National Airport, the National Archives building and the Bethesda Naval Hospital.

Today a simple stone block near the National Archives serves as FDR's memorial. Articles on the early planning of American University's campus, new interpretations of the Henry Adams "Memorial" at Rock Creek Cemetery, and an analysis of how Washington's nineteenth century building regulations evolved will also interest city residents. "The value of such work in increasing knowledge of the place is an obvious one," comments Dr. Richard Longstreth, architectural historian at George Washington University, "but these essays make a broader contribution as well; they are part of the fodder that give a necessary richness and depth to our understanding of American cities and what has occurred in them."

The volume, published for the Society by the University of Virginia Press, can be purchased from the Historical Society, 1307 New Hampshire Ave., N.W., Washington, D.C. 20036-1507, for \$30. Telephone (202) 785-2068

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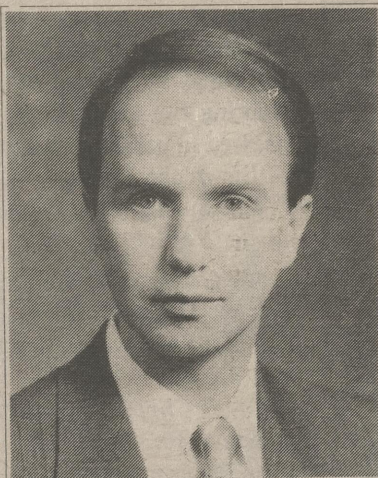
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BIZ BUZZ

by Betty Olsen

The FBA meeting last month with **Betty Ann Kane** as guest speaker had the biggest turnout that I have ever seen, around 150 attended. Yes, I said one hundred and fifty. What a glorious sight to see so many citizens participating in their neighborhood's monthly meeting. Did I say 150? I still can't believe it.

New resident manager of the Jefferson House is **Lenora Ellison**. I believe she hails from the City of Brotherly Love and is now all tucked into the 160-unit building. We wish you well.

Michael Mears is learning lots more in real estate by taking graduate realtor institute courses such as Taxation for the Real Estate Professional, Property Management Doing it Right, Stigmatized Housing & Its Implications, and others. You can never learn too much, right, Michael? Don't forget the early-to-bed-early-to-rise maxim as well.

If you have ever wondered who the bright-eyed receptionist is at Watergate, it's **Lizette McCollough**. She and **Mr. Adams**, the doorman, are on duty in the mornings to greet you in the South Lobby of the East building.

Speaking of happy faces, **Oliver Thomas** of Sir Speedy at Watergate gives a new meaning to service with a smile. He was taking a break when I walked in but he got right up to assist me. 'Tis a pleasure nowadays to see such pleasantries.

When the Kennedy Center Open House Arts Festival, slated this year for September 23rd, takes place for the sixth time, you will see all types of artists, dancers, musicians, singers, magicians, and clowns. You can be one of these if you are chosen

to perform. Applicants must reserve an audition appointment. Auditions will take place on May 7, 8 and 9. Applicants should submit telephone number and address, together with a brief biography including performance experience in the past 18 months (professional/amateur, festival, community or school/church venue), music/arts education, instructors, degrees, diplomas, awards, etc. Please include a black and white glossy photograph. All applicants except bands should prepare audition material no longer than three minutes in length. Material should reflect what the applicant would perform at the Open House if selected. All singers must bring their own accompanists. A piano only will be supplied. No electric equipment or amplification is allowed. Bands should not report to this audition. Band applicants should send a quality tape, record or video and schedule of performance dates and locations. All audition materials should be mailed to: Jeanette Pilak, Director of Programs, Friends of the Kennedy Center, Washington, DC 20566. No phone calls, please.

Barbara Searle has been to China again for The World Bank.

Manny Landeau is an epidemiologist. Interesting, huh? That is the study of health patterns — the distribution of diseases in people and their effects — such as the effects of radiation exposure. Have you visited a board meeting if you live in a coop or condo in the Bottom lately? I did and that is where I learned what an epidemiologist is, because Landeau presided at the Claridge House

meeting the night I went because **Barbar Searle**, president, was — were you paying attention? in — . Go to the head of the class!

Kirsten Olsen is moonlighting these days with the Sports News Network as a writer and producer for the Cablevision station in Rosslyn, Virginia.

Well, well, **WELL DONE, Tom Murphy**. Here are some interesting footnotes on the realtor career of Tom Murphy who advertises regularly in the *News*. First, he is now a full-time salesman of real estate ("If you consider 75 hours, 7 days a week, full time," he says). He was recently named second in sales in the District for 1989 with over 95% sold right here in Foggy Bottom. Murphy states, "I come by my interest in urban areas rather naturally since I chose after graduating with a master's from Georgetown and a doctorate from St. John's in New York to go with the Institute of Urban Studies at the University of Maryland. Then I joined the Federal Institute of Executives in Charlottesville, dealing with top executives of the government and finishing my non-realtor career as Deputy Assistant Secretary of Health and Human Services. That's when I retired to become a full-time realtor," he added. This #2 rank in all District real estate sales for '89 by thousands of realtors is an honor. Murphy was with Merrill Lynch which in October of last year became part of the Prudential Preferred Properties network. Tom, his son, who has been selling real estate in Maryland, is joining his father in selling real estate in the District soon.

Did you hear **Tom Kierein**,

the Channel 4 weathercaster, say the other night at the top of his weather report — "and it is raining in Foggy Bottom." Kierein visits in the Bottom regularly.

Speaking of Channel 4, **Doreen Gentzler** who is an anchor on the six o'clock news wears Washington's power color — RED — a lot. Well, it must be working powerfully, because she was invited to sit in on the Today Show recently in New York to present the news over the NBC network. Gentzler lives in *Foggy Bottom News* country (I mean neighborhood). I must be running a tad of the Potomac Fever myself these days.

The Ambassador of Venezuela and Mrs. Simon Alberto Consalvi were featured guests at IMF's "Venezuela: Contemporary Art" recently, an exhibition of paintings, graphic arts,



and sculptures that was on display all this month at the IMF Visitors' Center.

The whole front page (well, at least a big part of it) of *El Pre-gonero*, a Spanish-language newspaper in the District recently featured the wedding of **Prudencia Barrios** and **Bill Chism**. A picture of the bride and groom was prominently placed on the front page with their love story inside the paper's centerfold. It is en español so to read it you have to remember what you learned en escuela way back then. But really you don't have to read it because you can tell by the couple's expressions it is a Love

Story. Prudencia's comment when she showed me the article was, "The paper stated that I was 54 years old and I'm not. I'm only 53."

Prudencia is a seamstress extraordinaire around the Bottom.

Dr. Bert B. Souryal, the local ophthalmologist who has offices on F Street, is sending his patients a most helpful newsletter called "Your Vision." Subjects covered are cataracts, first aid for the eyes, and misconceptions about eye care. A good "read" about an important part of our anatomy.

Such a little thing, but so important. Ellie Becker advises she recently searched four downtown shoe repair shops to find white shoelaces for her new aerobic shoes. "The ones that come with the shoes are so long I'd have to wrap them around my ankles a couple of times." She almost gave up finding the right length shoelaces — in fact

several stores had no white ones for "sneakers" at all, but then she happened by *FBNews* advertiser **J.M. Valet** at 1906 I Street. "They not only had one the right length, they had several to choose from."

Customers at Foggy Bottom Apothecary may have noticed that owner **Desi Gomes** has not been on hand recently. The reason is one many are facing; he is going back and forth to Florida to see to the care of his parents who are up in years. His good wife and partner, Karen, is on hand each day, along with pharmacists handling the technical duties. Hope we see him back soon.

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— Phyllis C. Richman
The Washington Post

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Foggy Bottom Beautification Report

WE ARE TRYING!!! A few Sundays ago, Richard Price (my sidekick and mentor) and I met to check on areas of Foggy Bottom. We saw trash bags outside private dwellings and we found ourselves running up and down steps, in and out of houses, with brochures advising of the \$25.00 fine residents would have to pay if they did not comply with the regulations. The people were most cooperative and thanked us. Then, we went over to the G.W. campus where, sometime ago, Richard and I were horrified at the mess left on the lawns and sidewalks, especially on Sundays after the Saturday night parties. I immediately contacted Ms. Gail Short, Dean of Students at G.W. at that time and it resulted in an improvement. This time, we checked the same areas, on a Sunday, and we were quite pleased to see how nice everything looked. Of course that does not mean that everything was spotless, not at all. We made notes and I wrote to Ms. Short with a suggestion that the students make a work roster for Sundays, whereby turns would be taken after parties to clean up the area in front of the buildings.

Now then, I would like to tell you a story about a big, ugly, torn messy sofa on the front lawn of a fraternity house that we saw sometime ago. I fussed about it and we went round and

round — was it G.W.'s or did it belong to the fraternity house?? I thought the problem was solved. Lo and behold, this time on the rounds, there was the ugly eyesore still there on the lawn! I got up enough gumption to write to Prof. Stephen J. Trachtenberg, the new president of George Washington University. Was I

ever surprised and delighted to get a reply from him that was a warm, friendly letter. He advised about being concerned about these things, and interested in cooperating with the residents of Foggy Bottom, etc. etc. I checked the area today. . . . GUESS WHAT??? THE SOFA IS GONE!!!

Mattress, Anyone??

This is the story of the mattresses . . . junk, old clothes, etc. The place is rather obscure, but visible at 26th near K St. There is a discontinued bridge that ends behind the children's playground and the homeless have been using it for their domicile for over a year that I know of. I called the Dept. of Public Works, and spoke to Kenneth Norman who gives us good service. At my request, I met with an inspector sent promptly by Norman. I got in his truck and directed him to the picturesque bridge. Although he made no remarks, I felt that he was appalled. He went back to the truck and got a camera and pad. He took numerous pictures of not only the bridge and debris but also the little tunnel that leads to the other side of K St. which was also quarters for the homeless. He also made diagrams and I

really felt he did a good job and NOW, I would have the problem taken care of. . . . THAT'S WHAT I THOUGHT!!

When almost two weeks passed by I checked the area . . . and the mattresses were still there. I made some phone calls and was told that everything was sent to the Bureau of Sanitation Services. I immediately called Mr. Joe O'Donnell, Chief of the Bureau. He was very nice and gave me an earful about the mattresses. He told me that last year he had the mattresses removed and there was PANDEMONIUM!!! Mitch Snyder came running down, called the police, and Mr. O'Donnell had to put the mattresses back. CAN YOU BELIEVE THIS??? I left Mr. O'Donnell with the logical argument that last year there were no shelters in this vicinity; this year, there are plenty of shelters and I hope that this would all be cleaned up. Let's see . . . I am on top of this matter.

—Henrietta Y. Zoltrow,
Chairperson, Beautification

P.S. Just at press time, Henrietta reported the junk has disappeared. The team of Norman & O'Donnell came through, and all the ugly trash was picked up. Our thanks many times over, from FB residents and from all who pass by and will now see a tidy area.

Before working on your car, gardening, or doing any other chore involving grease or grime, dig your fingernails into a cake of soap. It makes the washing-up task much easier afterwards.

Spring Into Action

Now that spring is in the air, many people use this time of "rebirth" to develop a program of lifelong physical fitness.

Research shows that people who exercise are not only more physically fit than their sedentary counterparts, but more emotionally and mentally stable. They have a higher level of self-esteem and find it easier to maintain their ideal body weight. Exercise is also a viable stress reducer. And, needless to say, the best weight management program is one that includes routine exercise.

How do you get started? Barbara Gaydosh, M. Ed., a health educator at Group Health Association of metropolitan Washington, D.C., offers these tips for "springing" into your lifelong exercise program:

- **Step One:** Establish clear, achievable goals such as losing 20 pounds, improving your cardiovascular fitness, reducing your blood pressure, relieving stress. Record these in a fitness diary and refer to them often. Reward yourself for each goal you accomplish, then set new ones to keep motivated.

- **Step Two:** Choose activities that fit your lifestyle and personal goals, ones that you can live with and enjoy: long, brisk walks amongst the cherry blossoms, fun runs or 10K races with family and friends (perhaps followed by a healthy picnic?), maybe hiking on the trails around Great Falls or jogging or biking at Rock Creek Park. Camping, boating, tennis, softball, gardening — there's so much available!

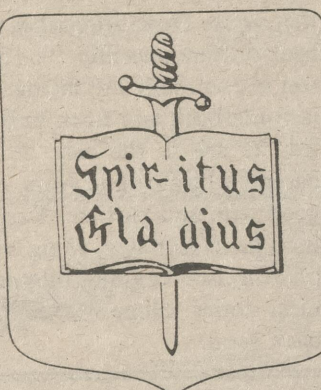
- **Step Three:** Prepare your body for the physical demands of your activity by beginning a

general conditioning program for all-around fitness. This includes the areas of aerobics, strength-building and flexibility.

According to Gaydosh, aerobic exercise is the best means of reducing total body fat when combined with healthy nutritional habits. In addition, aerobic exercise improves your cardiovascular fitness which will increase your stamina and add to the ease of participating in summertime activities. Gaydosh stresses that you begin your aerobic routine slowly, working at 60-80 percent of your target heart rate, 3 to 4 times per week for 15-20 minutes each time (target heart rate = 220 minus your age).

And what about the usual round of excuses that usually accompany the beginnings of an exercise program? Says Gaydosh, "You may find a variety of excuses for not exercising, but don't let them prevent you from achieving your goals. Recognize excuses and set up a defense. For instance, exercise on your lunch hour rather than eating at your desk; get up earlier or go to bed later; exercise while watching TV; or, eliminate an activity from your schedule to free up time for exercise."

Make time to exercise. Work out an exercise schedule detailing your activity(ies). Determine when you are going to exercise, how often, how long, where, and with whom. Develop an exercise log to track your progress and help you stick with your plan. Involve family and friends as workout "buddies" or ask for their support in helping you achieve your goals.



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Sidewalk Talk

By Betty Olsen



By the way, have you heard that **Walter Anderson** is on the Kennedy Center Board for the Young Artists and Chamber Music Groups? Anderson has been involved for so many years with the music scene, ever since his days at Oberlin College in Ohio.

At The Arts Club of Washington recently, an afternoon concert was held of John Jacob Niles' music performed by **Jacqueline Roberts**, soprano, and **Henry Burroughs**, baritone. **Claire Vance** and **John Edward Niles** accompanied them.

The Vinnie Ream art exhibition was upstairs and several of the guests of the concert took that in too this cultural afternoon. **David Henley**, the coordinator of the exhibition, was on hand to add a special introduction to Vinnie Ream, the 16-year-old sculptress who held Washington in her tiny hands while Lincoln was residing in the White House.

Liz Sternlieb headed to Clearwater, Florida, at spring break. She plans to attend optometry school in New York City, her hometown, after graduation from GWU, but she loves Washington best of all so she wouldn't be surprised if she returns to live after all the other is completed on schedule.

Ellie Becker took a week off to fly to San Francisco to visit her niece, a resident at Mt. Zion Hospital. When her niece was on duty, Becker toured the city by the bay with her own personalized bus map.

Lia Cooke, an artist in fiber, had a showing at the National Academy of Sciences (that's the one with the Einstein's statue reclining in front). A reception and informal visit by Cooke at the showing was held in the routunda gallery of the building. By the way, the pansies are blooming outside in the beds that are always a must-stop-and-see in spring and summer.

Frederick Wexler is the director in charge of the art programs for the Academy. **Cleo and Marion Culler** and daughter, **Erica**, just returned from Disney World. It was their first time and — if they are anything like the rest of us — it won't be their last. I think that is what Disney had in mind when he had future plans already on the drawing board at his death to entice you back again and again.

Visited in **Anne Lomas'** townhouse recently and enjoyed all the interesting objects of art there, such as: a 42-pound whaler's gun of yore. **Bob Charles** said that to shoot it the whalers had to rest it on something to

aim (something sturdy to be sure). Combining Charles' interest in the sea and Lomas' love of cats the cozy townhouse has many focal points of interest. From the Maine coast, where Charles' parents still keep a house in Bath, came various maritime objects from an auction (maps, an oil of waves, etc.) where he and Lomas attended, and a watercolor that her mother did during a visit of the latter's cat, Middy (lounging as only a cat can lounge) on a wicker chaise with the Maine coast in the background. Lomas' mother who is an artist presented it to Anne for a birthday. Lomas' love of cats also extends to the grouping of decorative pillows on the couch.

"Well, when you learn to breathe on land with a breathing apparatus in completing Fire-fighter #1, it is only natural that you want to learn more about breathing underwater too. So, when I ran into a certified scuba instructor in class, hey, it was the time to do it," exclaimed **Kirsten Olsen**. "As soon as I finished my check-offs and was certified I managed to arrange schedules to go to the Florida Keys to get up close and personal with sting rays, barracudas, moray eels, angels, etc. I have a night shirt with all of the ones I saw on it. Have you ever dreamed underwater? Talk about confidence. After having gone into a mock-up of a burning building with a breathing apparatus on when you can't see your hand in front of your face, this was a piece of cake. Stayed down through two lungs of air for an hour each and the time should we say, just floated by."

By the way if you haven't been to Key West, try to put it on one of your travel itineraries sometime soon. It is the only place in the states that you can see the sun rise and sun set all in the space of a few steps, and it is the only place I have ever been that they are applauded by the viewers.

"This time the street entertainment included some acts that weren't there or anywhere else I've been," Olsen stated. "One, a domestic cat show, where the cats actually behaved as Gunther Gebel Williams' big cats do, jumped through the hoops on fire, sat on their individual stools with their front paws reeling in the air, all of it; it was something else with their little meows accompanying their performances," she added with a smile remembering.

Saw **Carl Bernstein** jogging beside Watergate on the Potomac side the other day.

Talk about happy retiree! **Laird Horrell**, formerly librarian at the West End



Branch, was spotted near 18th and K Streets not long ago, looking fit and very tan. He had just been on a cruise, was all smiles, and related that he was adapting to his new lifestyle quite well.

The feast of Easter marked another milestone in the young life of **Matthew Geoffrey Stamm**. That was the day of his baptism at St. Stephen Martyr Church. His mother, father, at least one older brother and several other admirers were there for the event as well.

FB's **Jackie Cooper** will be the artist of the month of May at Georgetown University Hospital. The exhibit of her work will be inside the main entrance of the hospital, and the items will be available for sale. Jackie writes that "over the years I have done everything from greeting cards to abstracts to picture books, but nothing worked quite as well as three humorous spoofs of the 'Professions' (especially medical) and

the cats." Pictures hang all month (May 1-31) and red dots are placed on those sold, which are picked up when the show is over. Take it in if you get a chance; Jackie has a very special talent.

It's a little girl for **Lois Zuckerman** and husband **Steve Levy**. Hannah Rae arrived April 19 at Columbia Hospital. Big sister Nora donned a pint-sized coverup gown to get an early peak at her new small sister. Her father reports she took it all in stride.

CORRECTION: Mention was made last month in Maria Tyler's article that the Historic District signs, currently being planned, were sponsored by the FBA and the Foggy Bottom Historic District Conservancy. In actuality, only the FBA is arranging for the signs, to be paid for with FB funds earmarked especially for historic preservation uses.

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The Nation's Capital Magazine
November, 1930

On the shore of the Potomac, close and overlooking the Lincoln Memorial Monument and the new Arlington Memorial bridge, there is a hill having an elevation of about on hundred feet and containing approximately twenty acres. It marks the northwest corner of Potomac Park.

This hill has been known in history as Camp Hill. It occupies one of the most prominent spots in the National Capital. Its elevation and position give it a distinct geographical prominence, but it is also noteworthy in many other ways.

It has gained distinction through the important government buildings that have been erected on it, and because of the many other beautiful structures in its immediate proximity. Upon this famous hill are located three national institutions: The United States Naval Medical School, the United States Naval Hospital, and the United States Hygienic Laboratory. Almost within a stone's throw of the hill are: The Lincoln Memorial, the Arlington

Memorial bridge and the National Academy of Sciences.

Historical Fame

The Hill has much historical fame which adds greatly to the importance of its contour, its position, and the presence of national buildings and monuments have given it. Until a few years ago, the Potomac reached to the foot of the hill, and it was frequently used in colonial times as a landing and as a camping place

by Colonial and British troops, and later by troops of the United States Army.

The boulder upon which landings were made is still in place and still shows the implanted bolts for anchoring the landing stage. Since early days this boulder has been known as Braddock's Rock. Here General Braddock landed his troops when about to proceed to Fort Duquesne, where he was defeated and slain, in 1755. Washington was then his aide-de-camp, and disembarked troops here on his way to join Braddock's forces at Frederick.

In 1814, soldiers of the American Army camped here and advanced to the vicinity of Bladensburg for the defense of the city of Washington against General Ross and Admiral Cockburn, August 23, 1814. As far back as 1796, George Washington proposed to make it "the site of an institution." In 1825, President Adams suggested it as the site of an observatory, and on L'Enfant's plan of the city the area was mentioned for occupancy by buildings devoted to scientific and educational purposes.

In 1842, Congress authorized the erection of a naval observatory, and President Tyler designated this site as the place of the construction of its buildings. The Naval Observatory stood here from that time until 1893, when it was removed to Georgetown Heights, where it now

stands. The old naval observatory building was transferred to the Bureau of Medicine and Surgery of the Navy in 1894, and served as a Museum of Hygiene until 1902. Since that time it has been used by the United States Naval Medical School. In 1902, five acres of the hill were transferred to the Treasury Department as a site for the Hygienic Laboratory of the United States Public Health Service. In 1903, the remaining acreage was set apart as a location of the construction of the naval hospital.

Noted Scientists Worked There

For almost ninety years the building now occupied by the Naval Medical School has served well the "scientific and educational purposes" for which it was originally designated. Here, Mathew Maury, the great oceanographer, performed much of his work. Here, Asaph Hall saw the first of the satellites of the outer planets of Mars and watched the inner one revolving around Mars. Here, Gatewood completed his work on naval hygiene. Here, Stitt instituted the systematic teaching of tropical medicine, and here he wrote his remarkable books on tropical medicine and on laboratory methods.

In the adjoining Hygienic Laboratory of the Public Health

Service, Rosenau, Stiles, McCoy, Francis, and the late Joseph Goldberger, by their painstaking labors and their brilliant researches, have added immeasurably to the health and happiness of mankind. They have found means of preventing many epidemic diseases which formerly exacted enormous tolls in this country. They have solved many practical problems presented by such diseases as yellow fever, typhoid, typhus, smallpox, plague, and tularemia. Goldberger alone, in his discovery of the cause of pellagra, contributed a knowledge that now safeguards several hundred thousand potential annual victims of this dread disease in our southern states.

Hospital Has Modern Facilities

On the Potomac side of this famous hill stands the United States Naval Hospital. For twenty-five years it has been caring for the sick of the Navy who reside in the vicinity of Washington. In respect to equipment with the facilities of modern medicine, this hospital is probably unsurpassed. It has a bed capacity of 485, and admits annually more than 2,000 patients. Since the World War, a large percentage of its patients have been beneficiaries of the Veterans' Bureau.

During the war it became ne-

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cessary to construct several temporary ward buildings at the foot of the hill, in order to accommodate the greatly increased number of patients. These buildings were built rapidly and of light temporary materials. They have been in continuous use, however, since their construction because of the large number of Veterans' Bureau patients who have required hospitalization here since the war.

These temporary war-time buildings have been a constant source of despair to the hospital authorities and to persons endowed with a sense of the esthetic. The expense of heating them and of maintaining them in repair increases each year, as they are undergoing rapid deterioration. Lacking any fireproof features, they constitute serious fire hazards. Fire dangers, undesirable

anywhere, present an especially grave matter when they exist in hospital wards. The temporary buildings are ugly. Their appearance is glaringly discordant with their purpose and with the beauty of surrounding structures. They present harsh eyesores to all those who can perceive and feel the fitness (or here, the unfitness) of things.

There is no room for doubt or question as to the undesirability of these buildings. They must be removed. If the present bed capacity of the hospital is to be maintained, and the hospital is to function on a scale and plane essential to present needs and standards, the temporary buildings must be replaced by modern permanent constructions.

The new buildings should meet certain requirements. Their size and architecture must be such as to supply the practical needs for which they are built. Their appearance must be in keeping with their high purpose. They must be in harmony with surrounding structures.

Camp Hill is the old historical name. It has long since ceased to describe the activities now associated with the hill. All the institutions which now stand on it are dedicated to humanity, to the supreme law that the health of the people is the paramount consideration. Those who are familiar with medical history, the history of preventive medicine and sanitation, and the history of tropical medicine, associate the hill and its buildings with the magnificent work of several pioneers in these noble fields of endeavor. They associate them with the work of such leaders as Rosenau, Francis, Stiles, Goldberger, McCoy, Stitt.

Whatever the hill may be called in the future, we are obliged to think of it as Humanity Hill.

If its buildings are to suit such a name, they must be beautiful, permanent, adequate — fine buildings.



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Neighborhood Datebook

Monday, April 30: Foggy Bottom Association meeting, St. Paul's Parish, 2430 K Street, N.W., 8:00 p.m.

Wednesday, May 2: Concert of Beethoven performed by The Levine School of Music's Woodward Quintet, a student ensemble coached by Sidney Forest. Lisner Auditorium, 21st & H Streets, N.W., 12:15 p.m.

Thursday, May 3: Noon-Time Concert, featuring William Feasley, guitarist, and Rosa Lamoireaux, soprano, performing folk music from Spain, France, Iceland & Turkey. Western Presbyterian Church, 1906 H Street, N.W., 12:15-1:00 p.m.

Friday, May 4: Lecture on prostate cancer, by Michael Manyak, M.D., assistant professor of urology, GWU Medical Center. GWU Hospital Auditorium, 901 23rd Street, N.W., 12:15 p.m.

Sunday, May 6: Recital of works by Franz Schubert, Gustav Mahler and Johannes Brahms performed by Cornelia Day, mezzo soprano, Patricia Smith, viola, and Dr. Alfred Clark, piano. Concert followed by a reception. The United Church, 1920 G Street, N.W., 3:00 p.m.

Tuesday, May 8: ANC 2A meeting, St. Mary's Court, 725 24th Street, N.W., 7:30 p.m.

Thursday, May 10: Noon-Time Concert, featuring Peabody Ragtime Ensemble, the area's premiere ragtime & jazz ensemble. Western Presbyterian Church, 1906 H Street, N.W., 12:15-1:00 p.m.

Friday, May 11: Lecture on diet and cancer risks, by Peter Shields, M.D. fellow in division of hematology and oncology, GWU Medical Center, who will discuss natural and chemical carcinogens in food, and foods that prevent cancer. GWU Hospital Auditorium, 901 23rd Street, N.W., 12:15 p.m.

Friday, May 11: "Pregnancy After 35," seminar on special considerations for women who are 35 or older and are considering pregnancy. Columbia Hospital for Women, 7:00-8:30 p.m. Call 293-3239 to register or for more information.

Sunday, May 13: Organ recital in memory of Meta Tesche, with works by Franck, Widor and

herself performed by organist Mari Kodama. The United Church, 1920 G Street, N.W., 6:00 p.m.

Tuesday, May 15: Illustrated Lecture and Booksigning, by Kathryn Schneider Smith, author of "Port Town to Urban Neighborhood, the Georgetown Waterfront of Washington, D.C., 1880-1920." Historical Society of Washington, 1307 New Hampshire Avenue, N.W., 6:00-7:30 p.m. Members free; non-members \$3.50; reception at 6:00 p.m.; lecture at 6:30 p.m.

Thursday, May 17: Noon-Time Concert featuring Washington Bach Consort; Reilly Lewis and consort perform chamber gems from Bach and the Baroque tradition. Western Presbyterian Church, 1906 H Street, N.W., 12:15-1:00 p.m.

Friday, May 18: "Hysterectomy," seminar on conditions and diseases of the reproductive tract that may warrant a hysterectomy; options for surgery; and emotional and sexual issues associated with hysterectomy. Columbia Hospital for Women, 2425 L Street, N.W., 7:00-8:30 p.m. Call 293-3239 to register or for more information.

Saturday, May 19: Tours of Barney Studio House, scene of early 20th century Washington's most sophisticated cultural life and the second house built on Sheridan Circle. Conducted by Jean Kling, Adjunct Curator of Barney Studio House. Barney Studio House, 2306 Massachusetts Avenue, N.W., 10:00-11:00 a.m. and 11:00 a.m.-noon. Historical Society of Washington members \$4.00, non-members \$5.00. Reservations required; each tour limited to 15; 785-2068.

Monday, May 21: Opening of exhibit on Alumni photography, highlighting photographs by GW alumni who are currently professional photographers. Colonnade Gallery, Marvin Center, 800 21st Street, N.W., through June 29.

Thursday, May 24: Noon-Time Concert, featuring Levine Chamber Players, a premiere ensemble of flute, violin, violas and cello with music by Kahlau, Mozart and Beethoven. Western Presbyterian Church, 1906 H Street, N.W., 12:15-1:00 p.m.

Tuesday, May 29: Foggy Bottom Association meeting, St. Paul's Parish, 2430 K Street, N.W., 8:00 p.m. (NOTE: meeting moved to Tuesday because of the holiday on Monday, 5/28.)

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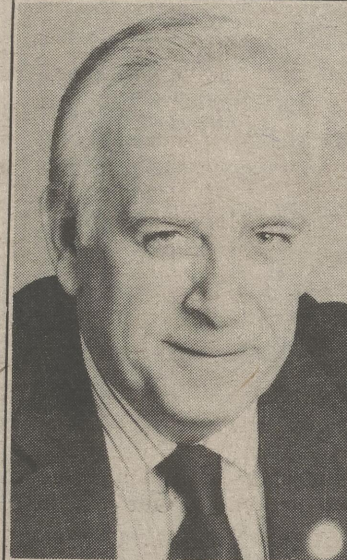
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CRIME REPORT & PREVENTION

By Lawrence G. Myslewski

Homeowners' Rights vs. Homeless Rights

The "Homeowner": an unspirited, non-cohesive group (except for the Watergate residents) who have allowed the City and the Courts to abrogate their rights to the "quality of life" long associated with Foggy Bottom. City income and real estate tax contribution: \$MILLIONS\$.

The "Homeless": an amalgam of the helplessly destitute, early-release psychiatric patients, drug users, and panhandlers who have used an arsenal of emotional and legal devices to gain unprecedented rights and power in the City. City income and real estate tax contribution: \$0.

Who is winning the struggle for basic rights?

Homeless Gains

The City has abandoned laws that prohibit panhandling and vagrancy on public land. The destruction of public land goes unabated (21st Street and Virginia Avenue across from the State

Department for example). Litter laws go unenforced. This subset of the City's population has benefitted from the removal of numerous legal barriers to standard of living that does not provide "added value" to Society.

Homeowners' Loss

Homeowners and residents are subsequently besieged by a number of nuisances which are no longer controlled by the City (panhandling, public drunkenness, traffic impediments posed by shopping carts on steam grates along Virginia Avenue). Along with their contribution to criminal activity, these nuisances have an adverse effect on both the general environment and property investments in Foggy Bottom.

Net Effect = Reduced Quality of Life in Foggy Bottom

Consequently, the physical infrastructure as well as community spirit appears to be slowly deteriorating. Homeowners have had to bear double cost for the City's desire to increase the rights of the homeless and reduce the rights of homeowners: increased City taxes for a "do nothing" bureaucracy and the negative effects on property investments.

As the infrastructure erodes, roads deteriorate, the police force goes understaffed, dead trees are not replaced, office buildings replace homes. When will the Mayor, City Council, and ANC-2A Commissioners be held accountable to the homeowners?



Council Committee to Vote on D.C. Homeless Initiative

On May 3, Councilmember H.R. Crawford's Human Services Committee will vote on amending D.C. Initiative 17, the "right to overnight shelter" law.

Watergate
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Candidate Singleton at April Meeting

Harry M. Singleton, Republican-endorsed candidate for D.C. Delegate to Congress, will appear and make brief remarks at the April meeting. Singleton, a Washington lawyer who has held several high-ranking Fed-

eral government positions, joins a growing number of candidates for the position to be vacated by Walter Fauntroy. Among positions he has held was Minority Chief Counsel and Staff Director for the House District Committee. He currently has his own consulting firm specializing in legislative and administrative affairs.

March Crime Report

Criminal activity reported in and around Foggy Bottom residential areas for March 1990:

Burglaries in Homes

3/2 2101 F St
3/3 1916 F St

Robberies in Public Spaces

3/3 10:15p 19th & F St
3/5 5:30p 21st & L St
3/12 11:30a 2100 Blk G St
3/12 8:15a 2300 Blk I St
3/13 1:00a 1100 Blk 25th St
3/13 1:45p 2000 Pa Ave
3/19 9:35a 26th & M St
3/30 3:45 1200 Blk 24th St

Assault With A Deadly Weapon

None

Simple Assault

3/1 12:43p 23rd & I St (on Metro train)

Automobiles

4 cars stolen from streets
9 cars stolen from private property/parking garages
11 thefts of property from cars parked on streets
8 thefts from cars parked on private property/parking garages

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24th & L Streets, N.W. 727-1397

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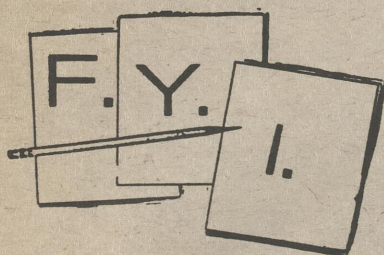


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The Washington Post is offering public information through an automated phone service that without charge will give callers with push button telephones recorded news, stock quotes, lottery results, sports scores, weather and other topical material. Dial 334-9000; the service is called Post Haste. Recorded voices will guide callers to enter four digit codes on the touch pad of their phones to hear specific information. People with rotary dial telephones will not be able to use the service. Codes for information categories will be published daily in the newspaper's front section.

Advertising will be interspersed in the material, beginning with promotional spots for the Post. Other advertising will follow to support the 30-line service.

At least 30 newspapers now offer similar information lines, both as business ventures and community service. The Baltimore Sun's Sundial line has been in operation since 1988 and last year reportedly received 1.8 million calls.

The thrift shop of the Prevention of Blindness Society is willing to pick up unwanted clothes, furniture, books, appliances, knick-knacks and other items. Proceeds from the Society's antique shop and thrift stores support free eye care programs. Call 234-1101.

The Institute of Gerontology at University of the District of Columbia (UDC) is looking for low-income District seniors to serve as companions to fellow residents who are frail or confined to their homes. Volunteers in the program work four hours a day and receive a small tax-free stipend and transportation. Call 727-2778.

Did you hear that starting on April 24 three advisory neighborhood commissioners will be guests the last week of every month on "One Washington," a bi-weekly public television program on Cablevision's public access Channel 34? ANC 3E, ANC 8C and ANC 1B commissioners will be on through July. Some of the subjects that the commissioners say they hope they will be able to discuss are various ANC issues including the different sides of establishing an ANC assembly. With the ANC elections coming up this fall, it will be a good time for all to learn how people can run for this position which by law must be given lots of attention in city decisions involving neighborhoods. The coming mayoral race will also be a topic discussed by the commissioners. The hour-long program will air the last Tuesday of the month at 8 p.m. and then will be rerun the following Saturday at 5 p.m.

Anyone interested in participating on the show should contact Jerry Phillips at 726-5115. Phillips is host of a three-hour Sunday public affairs show on WDJY and is a community relations specialist with the D.C. Department of Human Services.

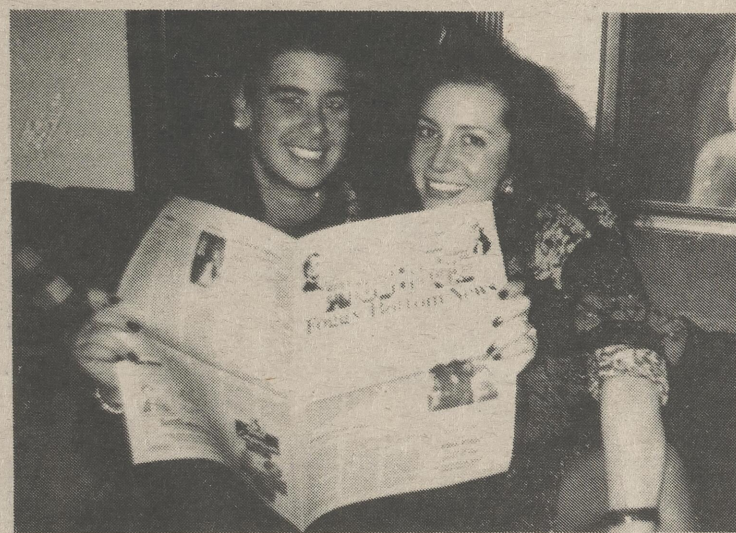
If the gypsy spirit moves you, you might try being an air courier. The main advantage is ticket prices — as little as \$250 round trip to Europe or \$50 to Bermuda. The main disadvantage is that couriers give up their checkable baggage space to send their clients' luggage, and can usually take on only carry-on luggages of their own.

For a listing of companies which hire freelance couriers, write Pacific Data Sales Publishing, 2554 Lincoln Boulevard, Marina Del Rey, California 90291. To get the book, include a check for \$5 and a self-addressed stamped envelope.

Because of a new law, all U.S. government checks issued after October 1, 1989 carry the legend "Void After One Year." That means that checks not cashed within one year will be canceled. All old checks issued prior to October 1989 will be good until September 30, 1990, after which they will be canceled.

The new law does not apply to Social Security checks. However, if a Social Security check is not cashed within one year, or if one is lost, stolen, destroyed, or mutilated, the beneficiary must contact the Social Security office to arrange for a replacement. This will mean a delay in payment.

Hospital volunteers are needed at GWU to work weekdays, four hours a week for six months. Some placements include visiting the lonely, helping staff or providing information to visitors and families. For more information, 994-1013.



LOOK WHO IS READING THE FOGGY BOTTOM NEWS — JENNIE SILVERSTEIN AND AMY TRESS, SENIORS AT GEORGE WASHINGTON UNIVERSITY.

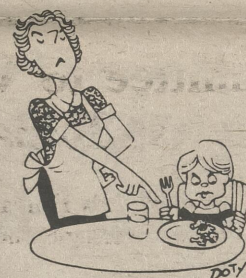
A D.C. Natural Gas leaflet had some interesting examples of the need for responding to the 1990 Census. They make a lot of sense. Hope you have sent your form in.

• Using census facts and figures, minority residents of a western city were able to win a redistricting case that allowed voters to choose additional minority council members.

• During a heat wave, public health officials used census facts to locate neighborhoods with large numbers of elderly residents; city officials went door-to-door, convincing many of the senior citizens to go to "cooling centers."

• Transportation planners used census information to select bus routes, subway stops and plan highway construction.

Your Mother Was Right!



Remember all those times Mom made you finish your vegetables?

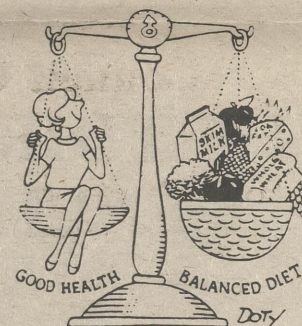
Beta-carotene, vitamin C, fiber, potassium, selenium . . . they're important nutrients found in fruits, vegetables and whole grain products which research shows may lower cancer risk.

So remember Mom's advice, eat a variety of fruits, vegetables and whole grains . . . for better health today and tomorrow.

For more information write:

American Institute for Cancer Research
Dept. A3
Washington, DC 20069

Put Your Diet In Balance



A sensible, balanced diet can lower your risk for cancer, heart disease and other serious health problems.

Reduce your dietary fat to 30 percent or less of daily calories. Increase consumption of a variety of fruits, vegetables and whole grain products.

Put some balance in your diet now . . . for better health today and tomorrow.

For more information write:

American Institute for Cancer Research
Dept. A2
Washington, DC 20069

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Shiro-Ya Japanese Restaurant

2507 Pennsylvania Avenue

Discount: 15% off complete dinner. Good thru December, 1990.

Two Vikings Restaurant

2509-2513 Pennsylvania Avenue

Discount: 10% off total check Sunday thru Thursday (not including Special).

Hillary Fine Jewelers

2000 Pennsylvania Avenue

Discount: 15% off. Good through May, 1991.

Donatello Ristorante

2514 L Street

Discount: 15% off total bill. Valid Monday thru Thursday for dinner only. Not valid Friday thru Sunday.

Williams the Tailor

825 21st Street

Discount: 10% off. Good till April 1, 1991.

Flowers By Sandra

2639 Eye Street

Discount: 10%.

Archives Committee of St. Paul's Hosts Community Church Archivists

On Saturday, March 10, the Archives Committee of St. Paul's Episcopal Church was host to about 25 members of the Hidden Church History Project, funded by the D.C. Humanities project. The Committee Chairman, Teresa Grana, introduced Gerrit Cone, St. Paul's Archivist-Historian, who gave these representatives of many D.C. denominations a detailed account of his work since 1983 in rescuing, restoring, and preserving St. Paul's Parish documents, which extended from its establishment in 1867 to the present. He described the difficulties in unearthing and organizing much valuable information which otherwise would have been lost, such as a handwritten ledger containing vestry notes with information vital to the Church history. He showed albums of skillfully mounted photographs and rare documents and explained his ingeniously organized information retrieval system, available and invaluable to both Church and lay researchers.

The lecture and demonstration were followed by a brief tour of the church. The first exhibit was a corridor showcase designed by Mr. Cone and built

in by a parishioner. The exhibit is on view to the general public during church open hours. The visit inside the church included a look at the stained glass windows and some unusual art work.

Several St. Paul's Archives staff members were present to answer visitors' questions. The staff that began with one volunteer now has about ten active members who meet on Thursday evenings for archival work. Visitors interested in the procedures of archives preservation are welcome to St. Paul's Common Room from 6 to 9:30 on any Thursday.

Gerrit Cone, a professional art museum curator and archivist, has been actively interested in Foggy Bottom history and D.C. church history, architecture and artifacts since coming to Washington, D.C. from the southwest in the early 1980s. In speaking of a book he is writing about Washington churches, he emphasized his deep interest in presenting such a history, not only from a parochial point of view but also — and this point he reiterated often in his talk — to emphasize the "total community" aspects of such a book.

Calling Green Thumbs!

Would you like to have a garden plot in a community garden? The D.C. Department of Recreation and Parks' Urban Gardens Program is helping community residents create a community garden at the Francis School, 25th and M Streets, N.W.

The Urban Gardens Program has secured a garden area on the grass field next to the swimming pool. The Urban Gardens Program will assist the community gardeners with the creation of the garden: tilling, soil preparation, building a fence, designing the garden, and teaching gardening techniques.

If you are interested in helping to create a community garden and would like a garden space, please call the Youth & Urban Gardens Program at 576-6257. Leave a message with your name and phone number and mention that you are interested in the Francis School Community Garden.

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The Doug Williams Foundation Continues to Serve Washington's Youth THE THIRD ANNUAL DOUG WILLIAMS FOUNDATION BENEFIT AND SCHOLARSHIP AWARDS DINNER

**Saturday • June 9 • Sheraton Washington Hotel
Reception 6:00 • Dinner 7:00 • Reserve: 347-3684**

On April 26, Doug told a Doug Williams Foundation assembly at Dunbar High School:

"The Doug Williams Foundation will stay here. I organized it for Washington and it will continue to serve the people of Washington." Foundation Chairman Jack Olender announced he and Doug had worked out a schedule that would bring Doug back to Washington frequently so the hero of the city's young people could continue carrying his message to students:

STAY IN SCHOOL

"Stay in school. Get your degree. A good professional coach wouldn't even look at you if you couldn't graduate. Even if I don't go with another team, I'll be all right. I have a good education and I can do things."

STAY AWAY FROM DRUGS

"People get on drugs because they are followers. I could have been a follower, too, but I wanted to be a leader. Leaders don't follow other people into drugs."

Show your support for the training programs and job placement activities of the Doug Williams Foundation. Attend the Third Annual Doug Williams Foundation Dinner with Doug and sports and entertainment personalities and community leaders.

The Doug Williams Foundation
Contributions
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Third Annual Dinner
June 9
Washington Sheraton Hotel

Yes, I want to support Doug's work with our young people. I want _____ tickets to the dinner at \$100 each. Here is my check for \$_____.

I cannot attend the dinner, but I want to support Doug's and the Foundation's efforts for our city's youth. Here is my check for \$_____ to help.

Name _____ Suite or Apt. _____
(Company _____)

(Tickets and contributions are tax deductible to the full extent of the law.)

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